



KOPPERT CRESS
Architecture Aromatique

Nasturtium Flowers



Description

Yellow, golden, orange, brick-red, cherry-pink, salmon, crimson, and dark mahogany. The spicy-sweet Nasturtium flowers, or only the picked petals, add a perfect visual and flavor component to a variety of salads, entrées and desserts. They pair nicely with sweeter greens and add a refreshing bite to classic salads with potatoes, eggs, or seafood.

Tip: to perk up the flowers, keep them in a small vase with water.

Origin	South America, first cultivated in Peru
Flavor	Sweet, bright, aromatic, peppery
Use	Ideal in cooler temperature dishes, as in gazpachos, salads, entrées and desserts
Availability	Year-round
Storage	Store for up to ten days at 36° to 40°F
Packaging	Tamper-evident clamshells; 50 ct.

History

Nasturtium flowers have delighted gardeners and cooks alike for centuries. At different times in their history, they've been considered a vegetable, an herb, a flower, and even a fruit. Renaissance botanists named it after watercress, (*Nasturtium officinale* in Latin) which tastes similar. During the Victorian era, Nasturtium flowers were eaten to prevent scurvy since they are rich in Vitamin C.



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Health Benefits

Nasturtium Flowers contain mustard oil, which has been used as a natural antibiotic. They can be chewed to soothe a sore throat and to ward off colds and flus. The flowers have also been known to alleviate respiratory congestion and to stimulate the digestive system.

Available from your favorite
fruit & vegetable supplier
Distributed by

Sustainability

The flowers are cultivated in a socially responsible manner using environmentally friendly biological crop-protection systems.

www.usa.koppertcress.com

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